

Janet T. Mills
Governor

Jeanne M. Lambrew, Ph.D.
Commissioner



Maine Department of Health and Human Services
Office of MaineCare Services, Member Services
11 State House Station
Augusta, Maine 04333-0011
Toll Free: (800) 977-6740; TTY: Dial 711
Fax: (800) 314-8775

Webinar about Health Care Options

Consumers for Affordable Health Care (CAHC) is hosting free webinars called Understanding Your Health Insurance Options. Whether you have recently lost job-based health coverage, are uninsured, or just want more information about your health coverage options, this free online presentation is for you!

CAHC will talk about MaineCare as well as other health coverage available. Please click on a link below to sign up for one of the webinars.

These are the registration links for the Understanding Your Health Insurance Options trainings:

- [August 11th from 10-11](#)
- [September 3rd from 1-2](#)
- [October 20th from 10-11](#)
- [November 18th from 1-2](#)
- [December 8th from 10-11](#)

CAHC's, statewide [Consumer Assistance HelpLine](#) offers free, confidential help to anyone trying to navigate health insurance options at 1-800-965-7476.

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